


# Erie County Stay Fit Dining Program \*Please note\* Lunch & Dinner are on this menu.

## October 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Boneless Chicken Breast with Marsala Sauce Rice Pilaf Carrots Grape Juice Chocolate Chip Cookies (681)	<b>3 Soup Day</b> Creamy Tomato Soup with Croutons, Macaroni & Cheese <b>4 Bean Salad</b> , Cauliflower Fruit Cocktail (745) Dinner 5pm- Chicken Caesar Salad, Rye Bread & dessert	<b>4</b> Cheese Tortellini with Chicken & Cream Sauce, Green Beans <b>Chef Salad with Dressing</b> Italian Bread, Mandarin Oranges & Pineapple <b>Chocolate Milk</b> Dinner 4pm – Beef Cubes, Mashed Potatoes, Veggies, Rye Bread, Salad & Dessert	<b>5 Oktoberfest</b>  Bratwurst with Sauerkraut & Mustard on a Bun German Potato Salad Au Gratin Broccoli Marinated Cucumber Salad Chocolate Éclair (921)	<b>6</b> Salisbury Steak with Onion Gravy Scalloped Potatoes Peas Dinner Roll Strawberry Bavarian (762)
<b>9</b> Turkey with Stuffing, Gravy & Cranberry Sauce Mashed Potatoes Carrots Lorna Doones (689)	<b>10</b> Beef Pepper Steak Casserole over Rice, Broccoli Florets, Wax Beans with Carrot, Butterscotch Pudding (645) Dinner 5pm – Grilled Chicken Breast, Pineapple Salsa, Broccoli, Rice Pilaf, Salad & Dessert	<b>11</b> Penne Pasta with Tomato Sauce, Meatballs & Shredded Mozzarella Country Cottage Vegetables, <b>Chef Salad with Dressing</b> , Grape Juice Ambrosia (780) Dinner 4pm – Grilled Chicken Breast, Pineapple Salsa, Broccoli, Rice Pilaf, Salad & Dessert	<b>12</b> Roast Pork Loin with Gravy Sweet Potatoes Green Beans Multigrain Bread Cinnamon Applesauce <b>Chocolate Milk</b> (663)	<b>13</b> No Meals today. Event at Akron Falls Park
<b>16</b> Breaded Chicken Breast with Buffalo-style Sauce with a Hamburger Bun Broccoli Cheese Rice Casserole Apple Juice Chocolate Pudding (859)	<b>17 Entrée Salad</b> Tuna Macaroni Salad on a Bed of Fresh Salad Greens with Dressing Club Crackers, Tropical Fruit <b>Chocolate Milk</b> (699) Dinner 5pm – Terra House Surprise Meal	<b>18</b> Beef Bourguignon over Brown Rice Cauliflower, French Bean Medley Oatmeal Raisin Cookies (735) Dinner 4pm- Steakhouse Burger, Cheesy Diced Potatoes, Peas & Dessert	<b>19</b> Chicken Pasta Primavera Zucchini Medley Peas Fresh Grapes (561)	<b>20</b> Lower Sodium Ham Steak with Brown Sugar Glaze Cheesy Scalloped Potatoes Brussels Sprouts Cornbread Pear Crisp (699)
<b>23</b> Chicken Vegetable Casserole Broccoli Florets Warm Biscuit Sugar Cookies (665)	<b>24</b> Hot Dog with Baked Beans & Ketchup on a Bun Seasoned Potatoes with Peppers & Onions, Carrots, Fresh Banana <b>Chocolate Milk</b> (766) Dinner 5pm- Roast Turkey, Mashed Sweet Potatoes, Green Beans, Stuffing, Cranberry & Dessert	<b>25 Entrée Salad</b> Grilled Chicken Caesar Salad on Fresh Salad Greens with Caesar Dressing, Rye Bread, Cinnamon Streusel Cake (944) Dinner 4pm- Cranberry Chicken Salad, Crackers & Dessert	<b>26</b> Lasagna Roll with Tomato Meat Sauce & Shredded Mozzarella California Mixed Vegetables <b>Chef Salad with Dressing</b> Dinner Roll Grape Juice Lemon Bavarian (874)	<b>27</b> Meatloaf with Swiss Gravy Mashed Potatoes Peas with Pearl Onions Wheat Bread Fruit Cocktail (794)
<b>30</b> Omelet with Cheese Sauce Peppers, Onions & Tomatoes Tater Tots Raisin Bread Fruit Compote (690)	<b>31 Happy Halloween</b> Breaded Bone-in Pork Chop with Gravy, Scalloped Potatoes, Peas with Red Pepper <b>Marinated Beet &amp; Onion Salad</b> , Dinner Roll Caramel-Drizzled Brownie (879) Dinner 5pm – Chili con Carne, Carrots, Cornbread, Salad & Dessert	<b>1</b> Baked Rigatoni with Italian, Sausage, Tomato Sauce & Shredded Mozzarella, Broccoli Florets, <b>Chef Salad with Dressing</b> Dinner Roll, Peach Bavarian (745) Dinner 4pm- Chicken Patty Salad, Roll & Dessert	<b>2</b> Boneless Chicken Breast with Red Pepper Cream Sauce Mashed Potatoes Carrots <b>Chef Salad with Dressing</b> Whole Wheat Dinner Roll Pears & Mandarin Oranges (634)	<b>3</b> Teriyaki-Seasoned Beef Strips over Rice Oriental Mixed Vegetables Orange-Pineapple Juice Fresh Apple <b>Chocolate Milk</b> (624)

**Erie County Stay Fit Dining Program \*Please note\* Lunch & Dinner are on this menu.**

**October 2023**